

# Staying healthy saves you time and money



UnitedHealthcare offers several health and wellness programs and tools to help you stay healthy or get healthy. These services are part of your benefits available to you at no additional cost. Make sure to maximize your benefits. Take advantage of these healthy resources.

Program/Service	Description	Access
<b>Health Assessment</b>	This fun, 15-minute tool helps you find out what's good about your health and how to improve it. Get the confidential results right away.	<a href="http://www.myuhc.com">www.myuhc.com</a> home page
<b>Health Coaching Programs</b>	Work with a nutritionist, fitness instructor, or nurse coach to lose weight, eat better, exercise more, stop smoking, deal with stress or manage diabetes or heart disease. Interact with a health coach online, by phone or mail.	800-478-1057
<b>Preventive Care Services</b>	We cover most preventive care at 100%*. This includes everything from annual exams and well-baby check-ups to mammograms and most vaccines	Visit <a href="http://www.preventiveservices.ahrq.gov">www.preventiveservices.ahrq.gov</a> to review these guidelines or call 877-246-4189 about specific benefits.
<b>NurseLine</b>	Available 24/7, nurses can help you make smart health care decisions, such as choosing the best treatment, managing a chronic condition, understanding medical terms and more.	866-696-5846
<b>Health &amp; Wellness Discount Program</b>	Discounts available for gym memberships, acupuncture, chiropractic services, hearing and vision, wellness books, active apparel, weight-management programs and more.*	800-860-8773 Accessed via <a href="http://myuhc.com">myuhc.com</a> or <a href="http://www.unitedhealthallies.com">www.unitedhealthallies.com</a>
<b>Disease Management programs</b>	If you are living with a chronic condition, such as diabetes or asthma, diabetes, coronary artery disease, heart disease, chronic pulmonary disease, you may be eligible for our Disease Management programs. A personal nurse can help you get the right level of care for your condition, find local resources and get you the information you need to live healthier.  PPO or HRA plan members also may be eligible to get certain medications at no cost as long as the member continues with program requirements.	877-246-4189



\* PPO plan has an annual preventive care maximum of \$1000  
\*\* Not funded by SHBP. Member must pay all cost after discount.

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<b>Healthy Pregnancy Program</b>	The Healthy Pregnancy Program gives you access to nurses and education resources 24/7 throughout all stages of pregnancy. Enroll and receive free goodies, including books, coupons, baby toys and more.	<a href="http://www.healthy-pregnancy.com">www.healthy-pregnancy.com</a>
<b>Personal Health Record</b>	Your online secure Personal Health Record lets you keep track of your health history. Network lab results and claims are automatically uploaded for you. Track your progress with Health Trackers like blood pressure and weight. Even input your family medical history, print it and take to your next doctor visit.	<a href="http://myuhc.com">myuhc.com</a> home page
<b>Source4Women</b>	A one-stop resource to help women get the most from their health care – plus the tools needed to manage it.	<a href="http://www.uhc.com/source4women">www.uhc.com/source4women</a>
<b>Generations of Wellness</b>	Generations of Wellness <sup>SM</sup> provides culturally relevant health information to help African Americans enhance their lives and improve their health.	<a href="http://www.uhc.com/generations_of_wellness.htm">www.uhc.com/generations_of_wellness.htm</a>
<b>Healthy Mind, Healthy Body wellness newsletter</b>	This monthly e-newsletter delivers fresh views on how to get and stay healthy. You will find a variety of topics ranging from fitness and nutrition to heart health. Customize your e-newsletter with the topics most relevant to you.	<a href="http://www.uhc.com/myhealthnews">www.uhc.com/myhealthnews</a>
<b>United Behavioral Health</b>	Get access to benefits and resources to help manage mental health issues including anxiety, depression, eating disorders and work-life balance.	877-246-4189
<b>Health &amp; Wellness tools</b>	Interactive resources to help you and your family get and stay well, including quizzes, an encyclopedia, wellness articles, calculators, a drug guide and more.	<a href="http://myuhc.com">myuhc.com</a> and select the 'Health & Wellness' section.
<b>Health Reminders Program</b>	We'll help you stay on a positive health track by sending reminders to you if you forget to schedule certain preventive services.	All members are automatically enrolled in the program. Please make sure you have a current address on file with your payroll office.
<b>Health Rewards</b> Available only to UnitedHealthcare HRA plan members (employees and spouses)	Complete your health assessment, get an annual physical exam and earn up to a \$125 credit in your Health Reimbursement Account.	Members in the HRA plan are automatically enrolled.
<b>Wellness News</b>	Listen to health related podcasts, view webinars or read the latest SHBP wellness related news.	<a href="http://welcometouhc.com/shbp">welcometouhc.com/shbp</a>
<b>Resource Network</b>	The United Resource Network can help you manage treatment for serious and complex conditions, including cancer, congestive heart failure, transplant services and more. HRA and HDHP plan members even have access to bariatric resources. Our nurse consultants can provide the information you need to make informed decisions about your care and help guide you to a Centers of Excellence Networks program that meets your specific needs.	877-246-4189

